

caring & sharing news

Helping rebuild lives following the death of a child

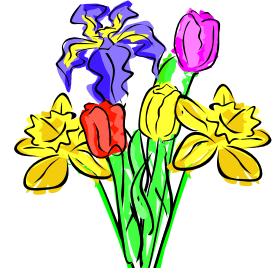
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WHY DO SOME PEOPLE FEEL MORE GRIEF IN THE SPRINGTIME?

BY Sherry Cormier on April 26, 2018

A number of people have exclaimed to me: *"It's spring and it's beautiful and yet I only feel sadder. I thought my sorrow would lift in the spring, yet I feel even heavier."*

They go on to ask: *"This doesn't make sense, does it?"*



OBSERVATIONS

They are right – how does this make sense, as don't we think of spring as a time of re-birth? The trees are sprouting buds and leaves, the grass is getting long enough to mow, flowers of varying hues are blooming, and the birds are singing songs of joy! So why do some folks feel more grief in the spring when everything is bursting with new growth? I believe it's precisely because Spring is so lovely and new that this season of growth makes our hearts ache again for what or who we lost. And it's the very fact that Spring is bursting and expanding while we are contracting in our grief that makes us feel heavier and more sorrowful. This contrast between the re-birth of springtime and our own state of bereavement is perhaps the single biggest reason why some of us carry greater sadness in this season.

PERSPECTIVE

So – how do we live with this contradiction between what we are feeling on the inside and what is happening on the outside with new growth?

First, we drop our expectations for how we **SHOULD** be feeling. The belief that we should be feeling better, not worse, because it's Spring makes our grief weightier.

Instead, let's accept where we are **RIGHT NOW** on our grief journey and all that means for us at the present moment.

Second, we also recognize and embrace the idea of impermanence. We realize that things are constantly changing, and that the weight of sorrow we carry will also evolve over time.

Finally, we realize, that, like Spring, we are also growing. Even though the signs of our own growth may be imperceptible to us at the moment, they are underneath the dirt, and one day, small roots will emerge and turn into new plants bursting with energy.

THOUGHT FOR TODAY

Today may I accept myself just as I am, knowing that like the blooms of spring, I, too, am growing new roots in the midst of my sorrow.

Journaling Through Grief

Beverly Ruane

Different Ways/Reasons for Journaling:

1. Write down goals each day:
 - What matters most now
 - Write goals first thing in the morning
 - 10-15 goals each day-new page each day
 - Write each day and don't look at the day before
 - Do this for 30 days. Your most important goals will stand out when you refer to the previous days at the end of the 30 days.
2. Daily log:
 - Write about daily activities
 - Use a journal that's easy to carry
 - Jot down daily activities, draw pictures
 - Do whatever works for you
3. Journal three things you are grateful for:
 - Simple or detailed
 - Write down at least 3
 - Name as many as you want to. You don't need to limit yourself to 3
 - Write them down any time of the day
 - Writing them down in the morning sets the tone for the day
4. Journal for problem solving:
 - We sometimes imagine our problems bigger than they are
 - Seeing them written down may decrease the size
 - Write problems as a question
 - Write down possible solutions
5. Write down the best thing of the day:
 - Before you go to bed
 - Choose one main thing
 - Single or several sentences
 - Keep it simple
 - Focus on positives before bed
6. Journaling for stress:
 - Journaling for stress coincides with grief journaling
 - You may have scattered thoughts in many directions
 - Angry, upset, confused-write it
 - Don't worry about grammar or punctuation; long or short sentences; it doesn't have to make sense. They are your thoughts!



Benefits to Journaling:

1. Keeps us active, gives us purpose, be constructive
2. Meaningful talks with ourselves
3. Therapeutic-problem solve, improve sleep
4. Release bottled up emotions
5. Personal therapist
6. Puts us in touch with our emotions
7. Reread in the future-appreciate how far we have come
8. Learn about ourselves

Suggestions for Journaling:

1. Keep your hands moving
2. Don't cross out
3. Don't worry about spelling, grammar, punctuation
4. Lose control-just write
5. Don't think, don't get logical
6. Even if it's something scary- dive in

Frequently Asked Questions:

1. What is the proper way to journal if I've never done it?
A: Other than dating each entry, there are no rules or proper way to journal. Be spontaneous. Write whatever comes to mind.
2. How often should I write?
A: You can write daily, weekly, or several times a day. There are no rules. Just write however you feel and however often you need to.
3. What do I write about?
A: Write about anything you want- whatever is bothering you at the moment, memories of your child, what did you love most or least about your child, how you are feeling that day. Write about anything and everything. Journaling doesn't have to be focused on just grief. You can write about things unrelated to your loss. Write about something that made you smile or laugh, a person that left an impression on you, things grateful for, events of the day.

4. What if journaling is too painful for me?

A: If it seems it may be too painful, you can make writing work by directing your inner most suffering and pain into writing a long letter to friends. You can pour out your pain and feelings and end it by telling them how important their friendship is to you and how much you appreciate them supporting you during your hard time. This can help give you a sense of peace and be the beginning of journaling. You can write these in the journal or mail them.

5. Do I have to write in silence?

A: When you are writing, unless you prefer, you can have music play. Listening to music can provide a perfect environment for writing.

6. What if I don't want to write? Can I do something else?

A: Not everyone can or likes to write. There are other things you can do; such as, painting, drawing, or writing poetry.

7. How long will I have to journal?

A: There is no time limit on journaling. Journal for as long as you feel you need to. Your context may change. You may stop altogether or you may journal sporadically.

Grief Journaling Prompts:

1. Today I'm really missing....
2. I am having a hard time with...
3. The hardest time of the day is...
4. I have been feeling a lot of...
5. To allow these feelings to transform into something else I am willing to ...
6. I could use some more...
7. I could use a little less...
8. I am ready to feel...
9. A simple activity or non-activity I could try today to make things easier is...
10. If I were to ask for help, who might I ask and what would I ask for specifically...
11. My support system includes...
12. I find it helpful when...
13. I feel most connected to my loved one when I ...
14. A comforting memory of my loved one is...
15. My loved one had a way of making me feel...
16. One way I can express this feeling or feelings in a creative way is...
17. If I could be like my loved one in any way, I would adopt their...
18. I can honor my loved one by...
19. Whenever I start to feel overwhelmed by pain, regret, guilt, or despair, I will repeat this mantra...
20. To be more compassionate toward myself I am willing to try...
21. If there is someone else who is hurting, is there something I could do to show them I care?

Choosing A Journal:

1. Many types to choose from
2. Simple or complex
3. Writing or art person?
4. Specific or open-ended prompts
5. Working through emotion?
6. Documenting memories?
7. Specific loss or range of experiences?
8. What information about grief or loss?
9. Visually appealing?
10. Composition notebook, spiral notebook, hardback, dollar store, large or small

Alternatives to Written Journals:

1. Use pictures (may be cut from magazines) instead of words
2. Write a quote
3. Make a memory with words, pictures or items
4. Use 2 words only to describe how you feel
5. Pick a theme
6. Choose a song
7. Use color
8. Write a quick list-10 memories
9. Use smiley faces
10. Encouraging sayings

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"Grief journaling can help you record and process your experiences of grief. As you begin to reconnect with your body, you may start to hear whispers (or even shouts) of wisdom coming from within. You may wish to take note of these signals, quite literally, for it is easy for the mind to forget insights almost as quickly as they arise when you are working through grief. This is why it is a great idea to keep a grief journal."

"Especially, when losses are trauma, they may be difficult to discuss or even disclose to another. And yet the psychological and physical burden of harboring painful memories without the release of sharing can prove far more destructive in the long run." Dr. Robert Niemeyer

"Every great loss demands that we choose life again. We need to grieve in order to do this. The pain we have not yet grieved over will always stand between us and life...Grieving allows us to heal, to remember with love rather than pain. It is a sorting process. One by one you let go of the things that are gone and you mourn for them. One by one you take hold of the things that have become part of who you are and build pain." Rachel Naomi Remin, MD

"The work of grieving is a long winding tunnel whose entrance is closed behind you and the only way out is through."



Matthew Ruane

April 29, 2002-April 29, 2020. It has been a hard year for me; although, most wouldn't be able to see it. I couldn't figure how why to begin with until I realized that you have been gone now 18 years, as long as you lived. Matthew, not a second goes by that I don't think about you. I "see" you everywhere. Everywhere you SHOULD be. I "hear" you saying the things you SHOULD be saying. No one on this earth had the right to determine when you should have left this world. You have missed so much over the past 18 years and will continue to miss so much more. We miss you and love you. Until we meet again, I will continue to look for and cherish every sign you send me. That always gives me comfort. I'll always hold you in my broken heart. I'll love you forever...

Love, mom and dad, and all of your family

"12 Years Seems Like a Lifetime"

"Grief is like living two lives. One is where you pretend that everything is alright, and the other is where your heart silently screams in pain." Last week, it was my own heart painfully screaming, "I miss you so much Kristin!"

Last Saturday, 2/22, was the 12th "angel date" of our beautiful daughter, Kristin Marie Harkness. She was also a beloved sister, granddaughter, cousin, niece, friend. She would have been the most fun-loving aunt to the niece and nephew who will never know her, except for that time in heaven before they were delivered to their mom and dad. I have no doubt they were having so much fun with her, they almost didn't want to leave. We're so glad they chose to come into all of our lives.

The week leading up to Kristin's angel date was an especially tough one for me this year. There is never a particular reason for that overwhelming grief to come out of nowhere. I have always felt, however, that grief lingers over us, waiting for that weak moment when we are then knocked off our feet and the gut-wrenching pain powers over us. I was telling myself last week that it wasn't a monumental number this year - not 5 or 10 or 20, so why such pain? I then thought, why should those numbers mean more than any others... 3 years, 8, 12, 22, 47?

Trying to find an answer for grief striking out of nowhere is not much different than trying to understand why this happened to any of us. Over the past 12 years, I have managed to rebuild my life, enjoy the blessings Tom and I have received, made a number of new friends who have unfortunately walked this path before or after me, embraced those old friends who were willing to ride out the bumpy road with me, and surprisingly, I have found many moments of laughter. However, no one can ever get me to laugh again the way that Kristin could because she was hi-lar-i-ous!

I believe that many bereaved parents have heard, "Your child is still with you," or "It was God's plan," or "You'll be reunited one day." I actually don't doubt any of that, but what people who haven't lost a child (to death) don't understand is that we miss the physical presence of him, her, or them. It doesn't matter the occasion, there is always an empty chair (or more). Personally, I miss Kristin's sparkling blue eyes, her big, beautiful smile, that surprisingly deep voice that was often overused, her fantastic dance moves, her contagious laugh, incredible sense of humor, her bear hugs, her larger than life personality, and even the way she could be irreverent (i.e., "I went to church and got ashed on Ash Wednesday"), and sometimes inappropriate, shocking everyone at first, then often turning to laughter, which was her plan all along. Each of you have specific things that you miss about your own child(ren). Again, we know they are "here," but it just isn't enough. It will never be enough.

Last week I relived every moment leading up to the day I opened our front door and found a police officer standing there who gently said those words that would change our family's lives forever... "Mrs. Harkness, I regret to inform you that your daughter, Kristin Marie Harkness..." I still can't repeat those words, even 12 years later. I remember what I was doing every day for at least six days before "that day." I recalled every conversation I had with her as she was a freshman living in Tallahassee, FL, attending Florida State University, and we spoke 2-3 times every single day, always ending with "I Love You as Big as the Sky, and more." The physical presence... gone... never forgotten... missed...

However, as I said, for the most part, our lives are full. We retired four years ago and now live in a log home we built with a view every night of the sun setting behind the mountains. On the nights of the especially spectacular sunsets, we like to think it's Kristin giving us a glimpse into the beautiful place where she now lives with all of your own children, young and old, and some you may have never even met.

I had a horrendous week which appeared to ease up the day after Kristin's angel date. That isn't unusual for me. I almost feel a sense of relief. I made it another year. Her 31st birthday is 26 days after her angel date, 3/19, and I don't know what to expect. I may experience another rough moment, but I know I'll get through it again. After all, there are more amazing sunsets out there to see. I know Kristin wouldn't want me to miss them.

Missing and Loving My "Poopsie" Kristin Every Day of my Life, Linda Harkness



Kristin Harkness

2020 Programs & Events

Below is a schedule for 2020 (subject to change):

March 14 – Garden Work Day

March 22 – Kathy Phelps from “Taking Notice Now”

April 26 – Chuck Collins author of “Holding onto Love: Searching for Hope When a Child Dies”

May 24 – Introduce Your Child (bring pictures and tell us about your child)

June 28 – ACES Workshop with Sue Cerrone

August 7-9– National Gathering in St. Louis, MO

August 16 – Butterfly Release at Memorial Garden

September 13– Chapter Picnic

December 13 – Service of Remembrance

Meet our April Speaker, Chuck Collins

Holding Onto Love blends an anguished father's heartfelt experience with advice from respected authors to offer comfort and hope to parents reeling from the death of a child. Chuck Collins' refreshing, down-to-earth writing style explores the anguish and hopelessness of child loss and exposes the myriad of emotional landmines grieving families face.

The author rejects the common belief that bereaved fathers and mothers must "move on" or "get over it" to have normal lives. In contrast, Chuck offers a strategy for survival and healing that recognizes a new sense of normal and renewed purpose in life. A special chapter educates relatives and friends how to reach out to a grief-stricken family, what not to say or do, and includes a checklist of helpful suggestions.

Holding Onto Love tackles difficult topics including spousal and sibling grief, returning to work, handling holidays, grieving through investigations, civil or criminal litigation, and shares the author's attempts for after-death communication. This candid, but gentle account finds hope through the tears and is a "must read" for grieving families and their loved ones.



CHUCK COLLINS, a bereaved parent, attorney, and former police commander, lectures on the devastating impact of child loss. As members of The Compassionate Friends, Chuck and his wife Kathy of Fairfax, Virginia assist families grieving their children's deaths. They have two sons: David and Christopher and hold onto love for their daughter, Tiffanie Amber.

NATIONAL GATHERING 2020



Bereaved Parents USA

August 7-9 ♥ St. Louis, Missouri

Plan to attend this year's National Gathering as we celebrate 25 years of Hope and Healing. Great speakers and workshops to help you on your grief journey.

If you are interested in attending please let Jodi know as we plan to travel to St. Louis as a group.

Leadership Training is held on Thursday, August 6th and scholarships are available to attend. Ask Jodi for details.

Our March Guest Speaker



Taking Notice Now, LLC

Finding the Joy in Who You Are

Kathy Haworth Phelps

540-204-2545

kathy@TakingNoticeNow.com

www.TakingNoticeNow.com

Free Grief Counseling

Capital Caring Hospice of Fredericksburg is offering short term grief counseling free of charge to bereaved parents. The Fredericksburg office provides services to Dumfries, Triangle, Stafford, Fredericksburg, Spotsylvania, Locust Grove, Caroline County and King George County. Please contact Kristi DiFilippo, LCSW at 540-735-0972 if you are in need of grief counseling. Check out their website: capitalcaring.org

There is a meeting for everyone! Join us at one of these meetings!

Caring and Sharing Support Meetings:

4th Sunday @ 3 p.m.
First United Presbyterian Church
14391 Minnieville Road
Dale City, VA

For more information contact:
Jodi Norman, Chapter Leader
703-656-6999 (cell)
bleachermom2000@aol.com

Overdose and Substance Abuse Support Group

First Sunday of Every Month
2 – 4 pm

New meeting location:
Howell Branch Library
806 Lyons Boulevard, Fredericksburg, VA 22406

**A support group meeting for parents whose children
have died from Drug Overdose or Substance Abuse.**

For more information please contact:
Jodi Norman at bleachermom2000@aol.com
or call 703-656-6999
or
Kathie Kelly at tcffred@yahoo.com or 540-220-4325

AMORe

(All Murdered Offspring Remembered)

3rd Wednesday @ 6 p.m.
3182 Golansky Blvd, Suite 101
Woodbridge, VA

**A support group meeting for parents whose
children have been murdered.**

For more info contact:
Beverly Ruane
540-628-4758 (h) or 703-395-9546 (c)
ruane.beverly@yahoo.com

Support Group for Parents with No Surviving Children

2nd Saturday of each month at 2:00 p.m.
North County Government Bldg.

Reston Police Station
12000 Bowman Towne Drive
Reston, VA

For more info contact: Nancy Vollmer 703-860-8587



Life After Loss Support Group for Suicide Survivors

“Shining A Light for Those in Darkness”

1st Sunday of Each Month
1:00~2:30 p.m.

Meetings held at ACTS
9317 Grant Ave, Manassas, VA

For more information contact: Kimberly Fleming
Office: 571-377-8134 or Cell: 703-349-9184
email: kimberly.fleming@djcfoundation.org
website: www.djcfoundation.org

Pot Luck Dinners & Restaurant Outings

We will meet the third Thursday of every month. There will be four potlucks throughout the year, and the other months we will meet at Ruby Tuesday, 12721 Marblestone Dr, Woodbridge, VA 22192.

The potlucks will be held at Valerie & Rich Larson's home, 6900 Cole Timothy Court, Manassas, VA at 7pm: Jan.16, April 16, July 16 and Oct.15. Contact Valerie at rlarson900@verizon.net to RSVP or for more information.

If you have never attended one of our group's potluck or restaurant dinners, please consider joining us. It's an evening of support, friendship, and comfort with those who understand our pain best. This group has fostered many meaningful friendships, and we always welcome new ones.

Sibling Support Group

We would like to start having special support meetings for anyone who has had a sibling die. If you are a surviving sibling and are interested in these special meetings, please contact Jodi at 703-656-6999 or email: bpusanova@gmail.com.

Please Check E-mails

Almost all of our Chapter Communication is done via email. Please check your emails at least once a week. Everything from the newsletter to Chapter Announcements are sent through e-mail. If we do not have an email address for you and you have e-mail, please send me an e-mail to bleachermom2000@aol.com. Thank you!

Garden News:

Hello everyone! It's me again and that time of the year! With the fairly mild temperatures we've had this winter, things will start growing soon. Each year the Memorial Garden looks bleak after the winter but then Spring arrives and new life begins again.



With the new growth the garden will grow and become beautiful again but will also need work to maintain it. We need to trim bushes, grasses if we don't get them dug up (Sister Pat wants the grasses when dug up), pull up anything that is definitely not coming back (some things may look dead but will begin to sprout), hopefully plant some new things, and spread mulch (provided we will have it when we work). Spreading mulch is the biggest job and goes much faster with more people.

As is every year, we are looking for those that are able to work in the garden; even if it's only for a couple of hours. Every little bit helps. If you go visit and see some weeds, please reach down and pull them up. That will be one less weed to pull. Also, watering. Last summer wasn't horrible so that helped. If you can do anything to help, please contact me or Jodi. Jodi and I both live an hour away from the garden so if you live closer and can help that is a blessing. If you are not sure what to do or not sure about the watering, please come anyway. You will be shown.

We have memorial stones in the garden. If you do not have a stone for your child and want to place one, you may do so. Rock-it-Creations offers a variety of sizes and designs – the large size is the best size to order.

A planned work day will be **Saturday March 14**. There may be random spur of the moment days that I'll go up there but not scheduled. If you are interested in me letting you know so you can come please text, call or email me. We need to ready the garden for the Butterfly Release on Sunday August 16. Any questions please contact Jodi or me. Any other work days that come up you will be notified by email so be sure and check your emails! Hope to see you there!

Hugs, Beverly

Help Needed to Update Website

Our website has a "We Remember Our Children" section and we need your help to update this page. Please write a bio for your child and submit a photo or a collage of photos. We would like to have all the children of our chapter included on this page. Please send submissions to Jodi at bpusanova@gmail.com.



There are dozens of tasks that go into running our chapter and our special events. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in any little way, we would love your help. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

I could really use volunteers to plan our special events (Picnic/Balloon Release, Butterfly Release and Service of Remembrance). Other areas of need are in Fundraising, Publicity, Outreach, and helping at the Memorial Garden.

If you would like to volunteer to help our chapter, please contact Jodi at bpusanova@gmail.com or 703-656-6999.

Upcoming Restaurant Fundraisers

To make fundraising as easy as possible for the chapter, we have scheduled a couple Restaurant Fundraisers. Please come out, join the fun, socialize and leave the cooking to someone else. Both Paisano's and MOD Pizza will donate 20% of your order back to BPUSA NOVA Chapter.

**Paisano's, 14457 Potomac Mills Rd,
Woodbridge, VA**

Wednesday, March 11, 11 a.m. – 10 p.m.

**MOD Pizza, 13800 Smoketown Rd,
Woodbridge, VA**

Sunday, May 31, 11 a.m. – 10 p.m.

We rely upon the generosity of our donors to help us provide support to families who've suffered the death of a child. These gifts help cover expenses and, most importantly, to reach out to newly bereaved families in the community.

**Thank you to the following for
your generous donations:**



**Elizabeth Martinez in memory of her son,
Michael**

Memorial Donation in memory of Dr. Bob Ray



We Remember Our Loved Ones

Who have Birthdays and Death Dates
in March and April

Simi Abrol	9/12/84 ~ 4/01/18	Robert Andrew Larson	3/14/94 ~ 6/30/10
Emily Andrews	8/02/97 ~ 3/14/16	Glen Irvin Leonard II	4/13/71 ~ 12/07/09
William Bruce Austin II	5/11/84 ~ 4/10/18	Henry Lewis III	2/16/74 ~ 4/15/02
Pouneh Bahri	10/25/88 ~ 3/04/14	Erika (Brummett) Lott	4/6/77 ~ 11/05/13
Bryan Christopher Bingel	1/08/80 ~ 3/04/08	Kyle Ludeman	4/12/93 ~ 8/27/13
Matthew Bingel	4/23/87 ~ 4/23/87	Derek Meffert	4/21/95 ~ 8/15/10
Christopher Wesley Blok	3/21/80 ~ 2/25/09	Ella Miller	4/27/02 ~ 7/23/10
Abigail Jane Buckley	4/25/15 ~ 11/17/16	Christina Morgan	7/30/80 ~ 3/13/02
Amy R. Buckley	3/13/86 ~ 11/17/16	Nicholas James Nelson	7/16/90 ~ 4/19/18
Danielle Mae Burmeister	3/26/11 ~ 3/26/11	Thomas Parker	8/26/92 ~ 4/15/19
Autumn Marie Coffie	4/16/88 ~ 12/29/14	Kira Marie Nicklas Rippy	10/23/82 ~ 3/22/18
Sarah Beth Cole	8/06/80 ~ 4/23/11	Matthew Allan Ruane	9/07/83 ~ 4/29/02
Jason Michael Colson	3/09/84 ~ 10/01/08	Lionel Andres Salvador	3/30/13 ~ 3/30/13
Christina Lynn Curtis	3/01/74 ~ 12/25/07	Klee Simmons	3/27/89 ~ 8/09/15
Forrest Grant Dotson	8/25/79 ~ 4/19/17	Jacqueline Simoes	11/05/66 ~ 3/15/06
Michael A. Doyle	9/17/81 ~ 3/12/18	Karl Dewan Smith	11/20/83 ~ 4/25/04
Bryan Eastes	8/18/80 ~ 4/18/17	Ananth Vignesh Sridhar	11/12/94 ~ 3/20/18
Antonio Ford-Flores	2/25/89 ~ 4/15/10	Kevin Michael Stanphill	3/12/80 ~ 5/09/09
Jacob Thomas Fulton	4/15/03 ~ 1/11/15	Graham Stevenson	3/30/85 ~ 9/22/07
John Alexis Giandoni	3/21/77 ~ 3/15/18	Beckett Josef TePaske	4/04/12 ~ 5/12/15
Raven Gileau	6/23/90 ~ 4/23/10	Bill Thompson	9/14/51 ~ 4/19/17
Ahmad Givon Glenn	3/06/83 ~ 12/04/06	Linda Thompson Plewes	7/16/51 ~ 3/21/02
Dwayne Eddie Gonsorcik	5/26/74 ~ 4/26/13	Neale Thompson	4/07/71 ~ 4/09/93
Justin Green	3/28/94 ~ 3/28/94	Austin Trenum	3/26/93 ~ 9/27/10
Kourtney Michelle Hale	5/29/80 ~ 3/14/10	Anthony Joseph Turchiano	8/04/79 ~ 4/29/17
Kristin Marie Harkness	3/19/89 ~ 2/22/08	Ruben Chavira Urbina	4/22/02 ~ 9/15/17
Kimberley Hellandbrand	11/03/69 ~ 4/27/19	Brian Floyd Weakley	1/20/80 ~ 4/19/07
Cody Darrin Johnson	9/11/02 ~ 3/06/09	Kyle Robert Wilson	5/25/82 ~ 4/16/07
Kashif Johnson	3/15/87 ~ 5/01/07	Baby Woods	3/15/16 ~ 3/15/16
Leslie Ann Kramer	4/20/71 ~ 12/17/06	Noah Woods	4/19/16 ~ 4/19/16
Kwadwo Amoako Kusi	3/20/06 ~ 7/26/08	Jakari D. Wright	3/31/97 ~ 8/18/18
Thomas Langston	4/05/92 ~ 8/04/18	Neil York	4/29/93 ~ 4/25/15

We apologize if there are any mistakes in the "We Remember Our Loved One" section. If we spelled any names incorrectly, have any dates incorrect or your loved one's name is not listed and has a birthday or death date during the months of March and April, please provide us with your loved one's information so they can be included correctly in future newsletters.

Bereaved Parents of the USA Welcome

We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grandchildren.

We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives.

We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle.

Together we celebrate the lives of our children, siblings, and grandchildren, sharing the joys and the heartbreaks as well as the love that will never fade. Together, strengthened by the bonds we create, we offer what we have learned from one another to every bereaved family, no matter how recent or long ago the death.

We are the Bereaved Parents of the USA. We welcome you.

Chapter Contact Information

Jodi Norman, Leader
P.O. Box 7675
Woodbridge, VA 22195
Phone: 703-656-6999

bpusanova@gmail.com



Bereaved Parents of the USA

www.bereavedparentsusa.org

Someone Cares About You

If you are receiving this newsletter and have never attended one of our meetings, it is because someone who cares about you feels that our newsletter may help you on your journey through grief. We're sorry for the reason you are receiving this newsletter but invite you to attend our monthly meetings. We cannot take away your pain but we can offer friendship and support.



Attention: If you do not wish to continue to receive this newsletter or be on our mailing list, please let us know by mailing back the address label from this newsletter, by emailing bpusanova@gmail.com or calling Jodi at 703-656-6999.

Bereaved Parents of the USA
Northern VA Chapter
P.O. Box 7675
Woodbridge, VA 22195